

"Festive Family Thanksgiving Cookbook"

Recipe

Fruit Platter

Serves 8 ● Preparation time 15 minutes

2 large red or green apples, unpeeled

¼ cup citrus fruit juice

1 large pear

½ dozen dates (optional)

1 bunch of seedless grapes
persimmons (optional)

2 tangelos



Wash and dry all fruit. Core apples and pear, slice into bite size wedges, dip lightly into juice, and arrange on tray. Peel tangelos and place on tray along with grapes and dates. Place persimmons whole on tray.

Nutrition Facts Per Serving: 131 Calories , 1 g Total Fat, 9 Calories from Fat, 2 mg. Sodium, not a significant source of saturated fat, or cholesterol.

Nutrition Tip: "The use of vegetable and fruit platters as an appetizer is ideal because you can catch your family at their hungriest and offer them a vitamin and fiber rich snack. This will take the edge off their appetite and help avoid overindulgence at mealtime."

Julie Maniord, RD

